Sole a La Menuniere

Serves: 4

Ingredients:

4 large sole fillets, about 1/2 pound each
2 sticks unsalted butter
all purpose flour
salt & white pepper to taste
6 tablespoons lemon juice
1 tablespoon parsley, minced
1 tablespoon minced shallot

Preparation:

1) Season fillets with salt and pepper. Dust fillets in flour and shake off excess.
2) For each fillet, heat 1 tablespoon of butter in a large skillet. When foam subsides, saute sole 2 - 3 minutes on one side until brown.
3) Carefully turn and brown on other side 2 - 3 minutes. Remove to a serving plate and keep warm, while cooking remaining fish.
4) Place remaining butter in a skillet. When butter foams, add minced shallot, parsley and lemon juice. Pour over fish and serve.

Chef's Tip

A classic dish that cannot be adulterated!